

Serving Our Clients At The Able Rehabilitation Centre



'Sit to Stand' exercise during physiotherapy.



Client undergoing upper limb therapy.

Reaching out to the physically challenged, our ABLE Rehabilitation centre has two key programmes, the **Day Rehabilitation programme** and the **Return to Work (RTW) programme**.

With the multi-disciplinary team of case manager and therapists, clients receive a holistic assessment before an Individual Care Plan (ICP) is agreed upon.

This is a brief profile of our clients since the centre began operations in November 2015:

- 60% in RTW programme, 40% Day Rehabilitation programme
- 45% male, 55% female
- Ages range between 20s to 60s
- Client conditions include stroke (40%), amputation (20%) cardiac conditions (10%) and others including spinal cord injury, motor neuron and back conditions (30%)

Referrals for our rehabilitation clients have come from polyclinics, hospitals, member organisations in Agape Village, ABLE board members, in addition to self-referrals.

Able Respite Centre

On 15 February 2016, more than 20 caregivers and care recipients were hosted to a Caregivers Lunch at ABLE. In addition to familiarising themselves with the new centre, they received information of our respite services and programmes. Caregivers and care recipients then joined together to enjoy a series of games and activities, followed by lunch.

We have welcomed 20 caregivers who have signed on as members of the Respite Centre. They can look forward to a variety of programmes and activities in the coming months for example, the Music Therapy for caregivers and care recipients in April 2016.



Caregivers and care recipients relaxing and catching up with old friends.



I would like to express my gratitude to Able respite centre, for their contributions and staffs for organizing CNY caregivers gathering. Greatly appreciated for this event.

Caregiver, Mary Chua posts her appreciation on ABLE's Facebook page.

HELP US SHARE THE MESSAGE



If you know of someone who may benefit from our Rehabilitation and RTW programmes, please help us to tell them about **ABLE**.

Contact us at:

T: 6801 7460

E: enquiries@able-sg.org



LIKE US ON FACEBOOK

ABLE SINGAPORE

Get the latest updates on our programmes and events, and news and information on developments concerning persons with disability.

CNY Lunch For Benefactors, Partners And Volunteers

As a gesture of our appreciation, ABLE held a Chinese New Year (CNY) gathering on 17 February 2016. Board members and staff mingled with over 70 guests, who enjoyed a traditional 'lo-hei' before lunch.



A prayer by Spiritual Advisor, Rev Fr Romeo Yu Chang before tossing the 'lo-hei'.

Able Workplan Meeting

On 20 February 2016, the ABLE Board members and staff gathered for a day of planning and recollection. The morning planning session saw updates and discussions on ABLE's current programmes and services, with plans to be worked on for new initiatives in 2016/2017.

In the afternoon, ABLE's Spiritual Advisor, Rev Fr Romeo Yu Chang, lead in a reflection on the Year of Mercy.

The workplan ended with a mass with family members, followed by dinner and get-together at *Little Island Brewing Company* at Changi Point.



Board, staff and family members bonding over dinner.



Please visit our Facebook page and follow us on Instagram for updates.

7A Lorong 8 Toa Payoh #02-09 Agape Village, Singapore 319264 | t: +65 68017460 | enquiries@able-sg.org | www.able-sg.org

You are receiving this e-mail because you have been involved with ABLE in the past. Please [unsubscribe](#) if you feel you are receiving this e-mail in error.